Dear Class Advisors:

For maintaining a safe learning environment, please help to enhance the promotion of Pulmonary Tuberculosis Prevention to students, so as to limit spread of contagious disease on campus.

1. Tuberculosis is spread through the air by breathing droplets containing Mycobacterium tuberculosis. Tuberculosis typically attacks the lungs; that’s why it is called Tuberculosis. However, it can also affect other parts of the body, including internal organs, bones and skin.

2. The symptoms in the earliest stages of Tuberculosis are not obvious, but commonly include cough (for more than three weeks), fever, lack of appetite, weight loss, fatigue, night sweats and chest pain. Those symptoms are usually misunderstood as the common cold, so a detailed chest X-ray and phlegm examination are required for diagnosis.

3. Once a patient is diagnosed with tuberculosis, the doctor will prescribe tuberculosis control medication immediately. Tuberculosis is curable and will not be spread after the patient takes the medicine for two weeks. The patient can go to work or school as normal and the tuberculosis can be cured totally by taking the medicine for six to nine months.

4. If you contact with a tuberculosis patient, please go to the relevant unit of the Department of Health for Chest X-ray test, and for skin or phlegm tests as needed.

5. A positive result on a tuberculin skin test might mean that a patient has been infected with tuberculosis before. However, your immune system can prevent tuberculosis bacteria from making you sick, leading to what is called Latent Tuberculosis Infection. Treatment of latent tuberculosis infection can proceed in accordance with the regulations of the Department of Health.

6. Those who have had contact with tuberculosis, but who do not take the tests in accordance with the regulations will be fined 60,000 NTD to 300,000 NTD in accordance with Article 36 of Communicable Disease Control Act.

7. No one was born to be a tuberculosis patient and none is willing to be infected with tuberculosis. Please put yourself in other’s shoes. To protect the study rights of everyone, in accordance with Article 12 of Communicable Disease Control Act, government organizations (institutions), civic groups, enterprises or individuals shall not deny patients with communicable diseases their rights to education, employment, nursing care, housing or provide any other unfair treatment.
8. Furthermore, in accordance with Article 63 of Communicable Disease Control Act, persons who spread rumors concerning epidemic conditions of communicable diseases or disseminate incorrect information regarding epidemic conditions, resulting in damages to the public or others, shall be fined up to 500,000 NTD.

9. To prevent from being infected with Tuberculosis, please do the following things: (1) Do not stay up late, which weakens your immune system; (2) Eat a balanced diet and exercise regularly; (3) Don’t go to densely crowded, airtight public venues too often, such as KTV, cram schools, theaters and internet café; (4) Maintain a healthy lifestyle.

10. If you have been coughing for 3 weeks, please go to a nearby hospital to be tested.

11. A simplified screening method for tuberculosis is: Coughing for 2 weeks (two points), having phlegm (two points), weight loss (one point), fatigue (one point) and night sweats (one point). If you score above 5 points, please go to a nearby hospital to be tested.